



James City County Recreation Center, 5301 Longhill Road



REC CENTER TIMES

April/May 2018

Happy Spring...Center Patrons!

Spring is here and I send greetings from your Center's Family! It's been over two months since I arrived here as your Interim Centers Administrator. I must say it's been an educational, inspiring and FUN ride so far. Until being in the building each day, I did not realize that over 1,000 patrons come in and out of the doors of the Center daily. I truly have enjoyed meeting and talking with many of you. The things that I love most are hearing the sound of your footsteps or workout, feeling the energy of your presence and seeing the smiles on your faces.

Being a huge fan of the Center and Parks & Recreation myself, it warms my heart to know that so many of you have been loyal patrons for numerous years. I've also enjoyed hearing from new members such as Ms. Mincer, who shared how Awesome the facility is, especially features like the indoor track. Yes...I appreciate the many suggestions and ideas received for making the Center the best that it can be as well. This lets me know that you truly care about the Center. The ideal goal for me as your Administrator is maintaining a healthy balance of all requests and implementing ideas that promote an enjoyable experience and generally benefit all or most patrons. Hopefully in the last months, you've enjoyed our Heart Healthy Month display and refreshments provided on Valentine's Day, the new library book return located outside, along the sidewalk and new cellphone charging stations located in the fitness and lobby areas of the Center.

Please look out for other patron friendly amenities and events and continued progress on the expansion of the fitness area. I thank you for your patience as our team makes facility and policy upgrades to maximize your patron experience. Our Great Team is here for you, please contact us with any of your needs. Signing off until the next newsletter...I encourage you to **Get REC'd** in the fitness area, pool, gym, racquetball courts, senior lounge or outdoors at one of our many parks or events!

Arlana Fauntleroy, Interim Centers Administrator
arlane.fauntleroy@jamecitycountyva.gov or 757-259-4171

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...AND MORE!



Fitness Corner

Why is there a 30 minute time limit on the cardio machines?

The American College of Sports Medicine recommends **cardiorespiratory exercise at a moderate intensity** for a minimum of 30 minutes (five days per week). The 30 minute time limit promotes an adequate time for a healthy work-out and machine sharing among all patrons.

***Please use the sign-in boards for the treadmill and elliptical machines. The bikes, steppers and rowers have individual clipboards.**



New Cell Phone Charging Stations

Need to charge your Apple or Android cell phone?

We've got you covered! The Center now has **two new charging stations**: one upstairs in the cardio room and another in the lobby.

A special thanks to Williamsburg

Orthodontics and Dr. Hecker & Associates Audiologists for their sponsorship.



Singletrack Maniac 50K

**Saturday, April 14
7 a.m.-5 p.m.
Freedom Park**



Experience Freedom Park in a whole new way! The generous 10 hour time limit (19 minute mile pace) for the 31 mile Ultra race is great for beginners, but the single-track trails are technical and challenging with constant roots and elevation changes. If you're looking to surpass the marathon and want to stay local, this is it. No onsite registration. Limit 150, \$65/person. Call Kristen Tolj at 757-259-4176 or visit www.maniac50k.wordpress.com.

Put Your Best Fork Forward

Make Your Calories Count

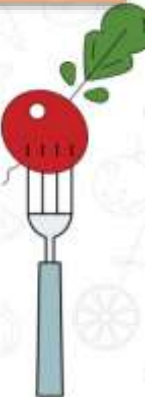
- ◆ Think nutrient-rich rather than "good" or "bad" foods.
- ◆ Food choices should be packed with vitamins, minerals, fiber and other nutrients and lower in calories.
- ◆ Making smart food choices can help you stay healthy, manage your weight and give you the energy to be active.

Focus on Variety

- ◆ Eat a variety of foods from all the food groups. Fruits and vegetables can be fresh, frozen or canned.
- ◆ Eat more dark green vegetables such as leafy greens and broccoli, as well as orange vegetables such as carrots and sweet potatoes.
- ◆ Vary your protein choices with more fish, beans and peas. Eat at least three ounces of whole-grain cereals, breads, crackers, rice or pasta each day.

Know Your Fats

- ◆ Look for foods low in saturated fats and trans fats to help reduce your risk of heart disease.
- ◆ Most of the fats you eat should be monounsaturated and polyunsaturated oils. Check the Nutrition Facts panel on food labels for total fat and saturated fat.



Fitness Thank You!

- ◆ Please place plates and dumbbells back in the proper areas after use. This will help you and other patrons find the weights faster and keep your fitness area organized. **Thank you!**



Aquatics Corner

Lane Sharing

- ♦ **Patrons are asked to share lanes with others which is essential during busy times.**
- ♦ **There are BENEFITS to sharing:** a shorter wait time and having a workout partner.
- ♦ **Follow these tips on sharing and get swimming!**
 - *Find a lane with a patron who is swimming at about the same pace as you.
 - *Ask the patron if you can circle or parallel swim with them.
 - *If you can't get the patron's attention, ask one of the available lifeguards to help you.
 - *While sharing a lane, you may notice that the patron is doing a workout that you want to try. When the patron stops for a break, ask them if you can join them. Some swimmers enjoy having a workout partner. Just ask...A "win-win" situation for both!



Pool Cleaning Schedule

- ♦ **Pool Vacuuming:** will occur on Mondays, Wednesdays, Fridays and Sundays. The time may vary depending on the number of patrons using the facility. If the aquatics staff is in the process of vacuuming and they reach the lane you're swimming in, please switch lanes so they can continue. If the pool is busy the entire vacuuming day, vacuuming will be done the next day. This ensures that the entire pool is being vacuumed and cleaned. If the pool is unusually dirty, staff will spot vacuum any visible dirt on any day.
- ♦ **Hot Tub Cleaning: day has changed.** One hot tub is cleaned on Saturdays and one on Sundays. This change was made so that patrons would still be able to use at least one of the hot tubs each day. Hopefully this is a positive change for all facility users.

NEW Locker Room Cell Phone POLICY Effective, April 2



The use of cell phones is not allowed in the locker room or sauna areas. Listening to music/audio through headphones or earbuds is permitted.

Our goal is to respect the privacy of all patrons and visitors and ensure a great experience for all.

SAUNA SAFETY Essential Oils Use

1. **Essential oils should not be sprinkled directly on the sauna rocks.** This may cause smoke, potential fire and unwanted fumes.
2. **Ask others before using essential oils.** Some patrons may have allergies or medical conditions.
3. If using essential oils, **no more than 3-4 drops per 5 cups of water** should be placed in the sauna bucket, and then **sprinkled moderately** over sauna rocks.

HOT NEWS!

The Lounge & Last Notes

THE LOUNGE

Ages 55+...For more information on these trips or to learn about The Lounge, please call 757-259-4178.

- ♦ **Smithfield Walking Tour, Friday, April 27**
Ride the ferry across the James River, View historic St. Luke's Church and Eat at Smithfield Station overlooking the Pagan River. On a TWO MILE walking tour, see the world's oldest ham at the Isle of Wight County Museum. **\$48 per person; \$38 for Lounge members** (includes transportation, admission fees, lunch and gratuities). **Registration code: #231201-SS**

Activity level is **EXTREMELY HIGH**
Both tours limited to 23 people.
Registration open until filled.

- ♦ **Heart of the Garden Tour: Wed., May 23**
Explore the Lewis Ginter Botanical Garden and Enjoy the spring weather while exploring the Central, Fountain, Healing, Rose & Four Seasons gardens. View the Conservatory displays and the current gallery exhibit. All paths are flat and ramps and benches are available. **\$55/ person; \$45 for Lounge members** (includes transportation, admission fees, lunch, taxes and gratuities) **Registration code: #231201-QQ**

NEW LIBRARY BOOK DROP

You have one less errand to run now that there's a library book drop here at the Center...conveniently located in front of the basketball gym doors!



HOLIDAY CLOSINGS

The James City County Recreation Center will be closed on Monday, May 28 in observance of Memorial Day. We'll reopen on Tuesday, May 29 at 6 a.m.

RECIPE of the Month



Turkey Thai Lettuce Wraps

Serves 4 (serving size: 3 filled lettuce cups)

Ingredients (Skinnytaste.com)

- 3 tablespoons canola oil, divided
- 3 tablespoons reduced-sodium soy sauce
- 2 tablespoons light brown sugar
- 2 tablespoons rice vinegar
- 1 pound ground turkey
- 12 butter lettuce leaves
- 1 1/2 cups chopped English cucumber
- 1 cup matchstick-cut carrots
- 1/4 cup chopped roasted unsalted peanuts
- 2 tablespoons chopped fresh mint

Directions

Combine 2 tablespoons oil, soy sauce, sugar and vinegar in a bowl, stirring with a whisk. Heat remaining 1 tablespoon oil in a large nonstick skillet over medium. Add turkey; cook 7 minutes or until lightly browned, stirring to crumble. Add 1/4 cup soy sauce mixture; cook 4 minutes or until liquid is absorbed.

Place 3 tablespoons turkey mixture in each lettuce leaf; top evenly with cucumber, carrots and peanuts. Drizzle evenly with remaining soy sauce mixture. Sprinkle with mint. **Calories 426 , Fat 26g , Sat. fat 4g , Unsat. fat 19g, Protein 32g, Carbohydrate 24g, Fiber 7g, Sodium 538mg, Calcium 22% Potassium 45%, DV Sugars 13g, Added sugars 7g.**